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Padma



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Hello, welcome to Padma.



Join our community

Take our assessment and create an account.



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Tell us about yourself



What is your gender?

☐ Female

☐ Male

☐ Other

[< Back](#)

[Next >](#)



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Tell us about yourself



I try to keep my promises.

Very Much
Like Me



Like Me



Neutral



Unlike Me



Very Much
Unlike Me



[< Back](#)

[Next >](#)



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Tell us about yourself



First name:

Last name:

Email:

Password:

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Your Character Strengths

1. Love of Learning



[See more people like you >](#)

2. Perspective (Wisdom)



[See more people like you >](#)

3. Kindness





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Hi, Mary! [\(Sign Out\)](#)



See more
Role Model Profiles

Explore personalized
activity recommendations

Meet Linda

About Me



My Goals



Activities I Enjoy





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Character Strength Activities

See activities for me

Explore personalized activities that have been tailored to your strengths to increase happiness and aid you in goal setting.

Share with a caregiver

Share your character strengths with a family member, friend, or caregiver. Invite them to join you in supportive activities.

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Your Character Strength Activity

Loving Kindness Meditation

About

Loving-kindness is a meditation practice, which brings about positive attitudinal changes as it systematically develops the quality of 'loving-acceptance'. It acts, as it were, as a form of self-psychotherapy, a way of healing the troubled mind to free it from its pain and confusion. Of all Buddhist meditations, loving-kindness has the immediate benefit of sweetening and changing old habituated negative patterns of mind.

Practice

1. Visualisation - Bring up a mental picture. See yourself or the person the feeling is directed at smiling back at you or just being joyous.
2. By reflection - Reflect on the positive qualities of a



Report progress



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Loving Kindness Meditation





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Your Community

Love of Learning

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Perspective (Wisdom)

[Placeholder text block]

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Kindness

[Placeholder text block]

[Join Us](#)

Hope

[Placeholder text block]

Gratitude

[Placeholder text block]

Explore All

[Placeholder text block]



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Hi, Mary! [\(Sign Out\)](#)



Send an Invite

Name:

Email:

Message:

Hello!

Mary has invited you to join her on Padma!



Send invitation



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Accept Invitation

Mary has invited you to join her on Padma!
Accept her invitation to see what she is working on,
explore your character strengths, and see how you can
support her in her practice.



Decline

Accept

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Your Character Strength Activity for Mary

Tonglen Meditation

About

Tonglen is Tibetan for 'giving and taking' (or sending and receiving). In the practice, one visualizes taking in the suffering of oneself and of others on the in-breath, and on the out-breath giving recognition, compassion, and succor to all sentient beings. As such it is a training in altruism.

Practice

Sit or lie down with a straight back and relax your body. Turn inside and focus on your breathing. Breathe slowly, deeply, evenly through your nostrils, from your abdomen, with the in-breath the same length as the out-breath, and without a pause in between the in-breath and out-breath.

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Tonglen Meditation

